

Pico de Gallo

Ingredients

- 1-1/2 tbsp red onions
- 1-1/4 cup tomatoes
- 1 tsp garlic
- 1-1/2 tbsp cilantro
- 1/4 tsp vegetable oil
- 2 tsp lime juice
- 1/8 tsp cumin
- 1/2 tsp taco seasoning

Directions

1. Wash all produce thoroughly.
2. Small dice onions and tomatoes. Mince garlic and chop cilantro. Place all in a large bowl.
3. Add all remaining ingredients into bowl and mix until all ingredients are fully incorporated. Chill for 30 minutes before serving.

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 17

calories, 0.31 g fat, 0.04 g

saturated fat, 34 mg

sodium, 3.33 g

carbohydrate, 0.84 g fiber,

1.6 g sugar, 0.64 g protein

